HEALING IN THE PRESENT: CONCEPTS & SKILLS

How difficult experiences impact us and how to use mindful presence to support healing.

Make it your own. Take what works. Leave behind what doesn't. Be open to trying something new.

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	a process of resolving difficult experiences that are still impacting us to lessen undue pain a ositive change.
	$m{r}$ describes making sense of an experience, recognizing its impact, and includes working with ne nervous system and connecting to emotions.
Coping is a	about managing current stressors and getting through difficult moments.
	Prompts: What is healing to you? What do you want changed? What feels unresolved? What s may be indicating that something is needing some attention?

Date

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The Importance of Presence in Healing

Date

Takeaway: Our brains and bodies need to be grounded in the present moment to integrate important information that leads to change and healing.

Mindful Presence is the practice of guiding our attention to our present moment internal and external experiences, without judgment. It is a skill that we can learn and practice to support the process of healing.

ournal Prompts: Wha oncerns?	t are your associatio	ns or experiences	s with mindfulness	or 'being present	t'? Any

Takeaway: Creating and noticing safety is our first healing goal. Danger (real or imagined) keeps us in survival mode. Practices and lifestyle changes help shift us into a space more conducive to healing. Practice: Orienting towards safety: Take a breath. Mindfully notice cues in your environment that indicat you are safe. Journal Prompts: What was it like to orient to your space? What challenges arose? What in your current life indicate safety or danger? What can you do to bring more physical or psychological safety to your life.	Safety	Date
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HEALING IN THE PRESENT: LIFESTYLE FACTOS

REDISCOVERY THERAPY

HEALING IN THE PRESENT: LIFESTYLE FACTORS

Rest	$\mathcal{R}_{\mathcal{I}}$	Res	storative	Activities
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Date		

Takeaway: Rest and sleep are different but equally important. Rest is the bridge that gets us to better sleep. Rest and quality sleep help our system integrate past and daily life.

Tip: Restorative activities that incorporate rhythm are particular helpful in regulating our systems. Try using a restorative activity as a transition activity, like before bed or after work.

eded? What though	ts, reenings, or si	tuations preve	ent you from g	etting rest?	



WE HEAL IN THE PRESENT: LIFESTYLE FACTORS Date Food & Eating Takeaway: Mindful eating can help us to feel more present, aids in digestion, and can begin to shift our experience and relationships with food.

Practice: Mindful eating: slow down, serve and seat yourself, gaze at food, experience the meal with all senses, check in on hunger and fullness.

or different foods o	or meal time?		



WE HEAL IN THE PRESENT: LIFESTYLE FACTORS

Supportive Relationships

Date

Takeaway: Healthy relationships improve quality of life. Our systems find regulation and also learn how to regulate through coregulation. Lean on trusted others in hard moments.

Practice: Safe Person Meditation



WE HEAL IN THE P	RESENT: OUR SYSTEMS	
Body: Nervous Sy	stem & WOT	Date
	,	ds to stress and threat. Lifestyle changes and ndow of Tolerance for long term change.
Tip: Different tools are o	ften needed or preferred for differen	t times or different states.

system states. Where	y	a practice in	ico dany men		



WE HEAL IN THE PRESENT: OUR SYSTEMS

Heart: Emotional Awareness & Feeling our Feelings

Takeaway: Connecting to our feelings, understanding them, and accepting them is necessary in healing unresolved experiences and living fully.

Processing Emotions Steps: (1) Notice (2) Name (3) Understand (4) Soothe/Move

Practice: SEAT, name Sensation, Emotion, Action, Thought

to "feel your feeling"? How were emotions expressed growing up? What was exercise?	у у сът. ст. р ст. ст. ст.



Heart 2: Self-Compassion Takeaway: Feeling and understanding our emotions gives us access to self compassion. Self compassion is more effective toward change than self-criticism and can 'soothe' our systems. Practice: With a hand on your heart and a deep breath, say: "This is a hard moment, suffering is a part of life, may I be kind to myself in this moment, may I give myself the compassion I need." Journal Prompts: Craft your own self compassion mantra or template. Remember to name the experience that is difficult, name a reality of our common humanity, and bring in kind and mindful awareness. Here's another example: "This is a moment of sadness, grief and pain are a difficult part of life, may I offer myself love and care during this hard time."

Date

WE HEAL IN THE PRESENT: OUR SYSTEMS

REDISCOVERY THERAPY

>	WE HEAL IN THE PRESENT: OUR SYSTEMS					
	Brain: Unconscious Learnings	Date				
	Takeaway: Our brains overgeneralize and apply learnings to many situations. Trauma takes us to the past and we view current moments from past lenses. Practicing presence brings us to the now and allows us to ake in new information that leads to healing and change.					
	Practice: <i>I'm in Memory</i> , Hand on heart, say to self, "This situation reminds me of past when" Follow with favorite self compassion statement.	what I experienced in the				

ournal Prompts: Wha hrough your experiend			



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Final Thoughts & The Gifts of Presence

Date

Takeaways: The tools of this course act as medicine for healing the wounds that need tending AND as nourishment for a life that supports wellbeing, vitality, and engagement.

The path towards healing is also a path towards the core of ourselves. Mindful presence get us there by helping us notice where we're at, what we need, and who we are.

Journal Prompts: How has this experience been for you? Where have you had some challenges and successes? What do you really want to remember?	ne challenges and	
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